

### **May is Military Appreciation Month: Focus on Osteoporosis**

May is Military Appreciation month. I wish to express my appreciation for the sacrifices made by both past and present service members and their families.

Our health focus this month is osteoporosis. Osteoporosis means “porous bone”. Bone is living, growing tissue. Osteoporosis occurs when one loses too much bone, makes too little bone or both. Bones become weak and at risk for fracture even from an action such as sneezing. Osteoporosis is called a silent disease because you can’t feel your bones are getting weaker. Currently it has affected 54 million Americans.

Ask your Primary Care Physician when you should start screening.